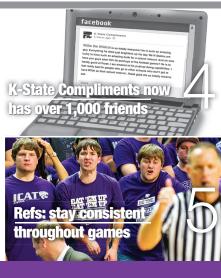
# the colegian independent voice for kansas state university



VOL.118 NO. 108

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Tomorrow: High: 60 °F Low: 46 °F



02

Flashback One Fourum entry longs for grooming practices of the 70s

05

Streak continues The baseball team maintains winning ways against Niagara

10

Sneaky sodium Hidden salt in daily food may be a shock to the unsuspecting

# PRESIDENTIAL



Evert Nelson | Collegian

Eli Schooley celebrates by hugging his running mate Jake Unruh (right) after hearing the news of winning the SGA elections Wednesday night at Johnny Kaw's. The bar, packed with supporters, erupted with applause after the results were announced on 91.9 The Wildcat. "It's really humbling to see so many people who are our friends come out and support us..." Schooley said, after the win.

# Senate race voter turnout increases by 25 percent

Andy Rao

In the midst of the excitement over the Student Governing Association's general election on Wednesday night, K-State also welcomed a new class of 62 representatives into the Student Senate for the 2013-2014 school year.



Parker Robb | Collegian

Kyle Nuss, former SGA presidential candidate, will retain his seat in the Student Senate despite his loss to Eli Schooley on Wednesday.

"The way that a senate position works is that the senators work in committees to create and present legislation to the rest of SGA," said Jake Unruh, vice-president elect and junior in finance. "They do a lot of work that deals with budgeting and allocations so it definitely is an ex-

SENATE | pg. 8

## Schooley-Unruh emerge victorious in SGA election, take 61 percent of votes

Kaitlyn Dewell

More than 100 supporters of Eli Schooley and Jake Unruh's campaign for student body president and vice president gathered anxiously in Johnny Kaw's Sports Bar Wednesday evening in anticipation of the final stu-

dent government election results.

With the room decked out in the duo's signature blue and green decor, campaign managers, advisory board members and loyal followers of Schooley, senior in political science, and Unruh, junior in finance, nervously waited for the defining moment that they'd been relentlessly pursuing for the past five months.

"It's really humbling to see so many people who are our friends come out and support us, not only tonight, but over the past four or five months," Schooley said

chooley said. The bustling crowd fell silent as the

WIN | pg. 8

# Winning candidates to focus time on raising Internet, mobile efficiency

Kaitlyn Dewell staff writer

After nearly five months of campaigning for their chance in office, newly elected student body president and vice president Eli Schooley and Jake Unruh have finally reached their goal of representing the campus population. Schooley, senior in political science, and Unruh, junior in finance, garnered 60 percent of the votes in the general election Wednesday evening. But now that the results are official, what's next?

next?
Schooley said that revisiting the platform decisions they've already made in an effort to distinguish the best course of action is essential in planning the upcoming year.

"I think one of our first priorities is to meet with a lot of the people again that the platforms are going to be affecting," School-

The pair initially prepared their platform by researching student needs and meeting with campus administrators, like Steve Dandaneau, vice provost for undergraduate studies, and Jana Fallin, interim director of the Center for Advancement of Teaching and Learning. By discussing their ideas with both faculty and students, Schooley and Unruh were able to ensure that their goals would not only benefit the K-State campus, but that they were realistic as well

tic as well.

"Finding things that we could actually do was really important to us," Unruh said. "I think that

these are three things that we both care about."

The newly-elected president and vice president believe that their platform was popular with the student population not only because they combined multiple cohesive elements into three attainable objectives, but also because it has the potential to benefit virtually every student at K-State.

K-State.

"I think that every student, no matter how involved they are, what their living arrangements look like or what their situation is as a K-Stater, our platforms are something they can use," said Unruh. "They aren't exclusive to anybody and they're very accessible to everybody."

PLATFORM | pg. 8

# Nuss, Mendiola remain positive despite loss in general election

Mike Stanton

Mike Stanton assistant news editor

When the results of the race for the student body presidency and vice presidency were announced last night on the Wildcat FM, dozens of supporters of Kyle Nuss and Ariel Mendiola gathered at Kite's Legends Room in Aggieville let out a collective sigh. The candidates fell to Eli Schooley, senior in political science, and Jake Unruh, junior in finance, by a count of 2,352 votes to 1,529 votes.

Nuss, senior in architectural engineering, hung his head for a brief moment, then

broke the silence that had fallen over the

ar. "It's alright, everybody. It's alright," he

LOSS | pg. 9

Parker Robb | Collegian

Student body vice-presidential candidate Ariel Mendiola fights back tears after finding out that he and running mate Kyle Nuss, left, lost to Eli Schooley and Jake Unruh in the race for Student Body President and Vice President Wednesday evening at their election watch party at Kite's Bar and Grille.



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**ACROSS** 37 Visa 1 Departed rival 40 Retain counter-41 Handy 45 Rivers part 8 Unclear Collins view 12 Hebrew 47 Make month 13 High-arc choice shot 49 Oxen's 14 Leak onus slowly 50 Doing 15 Wrinkly **51** Pi fruit follower 16 Biden, 52 English Cheney, river etc. 53 Ante-17 Earth lope's 18 Flood play-20 Diner mate employee 54 "- the 22 Brains season of the operation 55 Equal 26 Missteps 30 Neither

chine gun **11** Kin (Abbr.) 19 Petrol 21 Raw rock 23 Poison-29 Individual Solution time: 25 mins.

mate 31 Apiece 32 Tin Man's prop **33** Old portico 34 Rd. 35 Nintendo console 36 Lost in reverie

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39 Cars **42** Sad 43 Misplace 44 Basin 45 "Oklaho-46 Unclose, Yesterday's answer 3-7

34 37 40 42 43 45 46 47 48 49 50 51 52

#### 3-7 **CRYPTOQUIP**

QRODA QCA'Q NELJY YL BRSA ERPYC. G N XNUUPLNDC

YCA BLNY NOI PAGNPV

XLJ'SA BLYYN EA VRIIROB!" Yesterday's Cryptoquip: SOME FOLKS THINK "XLJ'SA THAT LEGENDARY SINGER TORME IS LIKABLE, BUT I HONESTLY FIND MEL ODIOUS. Today's Cryptoquip Clue: Q equals S



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25 Small comments are selected for wagon publication by the Collegian **26** Line marketing staff.

24 Midday

fashion?

27 Volcanic

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Weir

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fire"

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36 "—

32 Logan

or

33 Fizzy

outflow

Johnny

And you know what he did? He kicked him in the penis. And he was injured. Injured bad.

The Fourum should be more fun like it used to be. People might actually still like it then.

I wish I was alive in the 70's when a bush was the way to go. Clean shaven is so uninteresting.

I voted for Blair and Brandon, and I'm not even a GDI.

I want to be able to express my opinion in The Fourum. Life isn't all rainbows and dandelions so stop acting like it is!

It's weird that regular season home games are over for 2013. I remember watching McGruder & squad upset Texas 4 years ago as a freshman.

**Logan's** Run yesterday made it sound like we didn't think through our decision to become religious, to which I would just laugh.

To everyone at the TCU game chanting "F\*\*k KU" during Sandstorm: If they decide to stop playing that song because of you, there will be blood ...

The fraud of democracy, I contend, is more amusing, even by miles, than the fraud of religion.

**The** guy who keeps sending philosophical nonsense into the Fourum should stop; honestly, no one cares...

I'm looking forward to Monday's Collegian to see how many people I might know that will have encounterments with RCPD.

I'm going to miss hearing it, that's for damn sure. "Mc-Gruuuuuuuuuuder for threeeeeeeeee!"

If anyone is too drunk to remember the game this Saturday, that is just pathetic. The most important basketball game of our college career and in 35 years for K-State. EMAW

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email the four um@kstatecollegian.com. Your email address or phone number is logged but not published.



### For The Win | By Parker Wilhelm



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The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

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#### THE BLOTTER

#### ARREST REPORTS

Monday, March 5

Ramone Dominique Lowe, of the 1000 block of Houston Street, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$1,500.

Aaron Michael Finch,

tan Avenue, was booked for failure to appear. Bond was set at \$1,000.

of the 1700 block of Manhat-**Deandre Lamon John**son, of the 1800 block of Claflin Road, was booked for failure to appear. Bond was

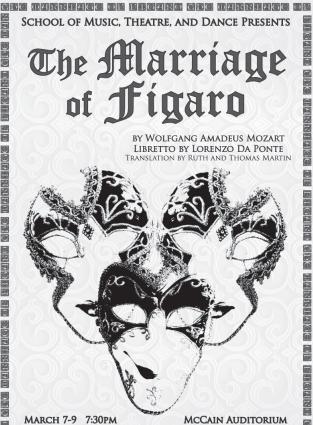
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thursday, march 7, 2013 the collegian page 3

## Aggieville, police get ready for annual Manhattan celebration

**Alex Bishop** 

With Fake Patty's Day this Saturday, businesses in Aggieville and the Riley County Police Department have been preparing for the thousands of individuals who are expected to celebrate. But for most Aggieville establishments, it is just business as usual.

Rusty Wilson, owner of Rusty's and Kite's Grille and Bar, sees Fake Patty's as just another business day and hopes to keep everyone safe.

"We're pretty much following the same model we used last year," Wilson said. "Focusing on security, making sure people have a good time and keeping trouble down to a minimum. The things we experience are the exact same things we experience on a Friday or Saturday night.

Kites is making 40,000 Jell-O shots in preparation for the day, and is offering a special VIP pass along with the regular \$5 cover fee. Those who buy the VIP pass for \$20 gain access to a special room that offers its own beer garden and restrooms.

Darren McCall, general manager at the recently opened Keltic Star, is helping operate the restaurant's first Fake Patty's Day. Even though the kitchen at Keltic Star will not be open, he says there is much to be prepared for. While getting ready for the upcoming day by making sure the staff was accounted for and drinks were stocked, he expressed concern for those who take drinking too far.

problem is "The main people feeling they have to treat the day as getting as intoxicated as possible," McCall said. "Then you have people at noon who are way too intoxicated to even be able to enjoy

Preparing to deal with the intoxicated public and managing problems before they occur is something restaurant managers, like McCall, have to

consider.

Matthew Droge, public information officer for the Riley County Police Department, doesn't have a problem with people celebrating responsibly, but wants the public to know that there can be consequences for drinking too

"If you are celebrating just to drink and get overly intoxicated, you are putting yourself at risk of becoming the victim of a crime," Droge said. "Fake Patty's Day brings a lot of people, and there are a lot of people that participate. But what some people don't realize is that there are a lot of officers that

have to come together. Manag-

ing all those people we have is a big ordeal.

Droge says the police department is preparing for the day by setting up a dispatch with the EMS and the fire squad to help communicate effectively. He encourages people to follow the Riley Country Police Department on Twitter(@RileyCountyPD), as they will be live tweeting reminders of laws and ways to avoid violations throughout

the day. Every employed officer or detective will be on duty during Fake Patty's Day to facilitate the areas heavily populated with drinking activities, as well as the rest of the community. More certified bike officers will be on patrol this year to help control the high volume of people.

Manhattan will also receive help during the event from extra officers in surrounding areas. Officers from other agencies like Junction City, Emporia, the highway patrol and the K-State Police Department will assist in monitoring the safety of the public around Aggieville and the rest of Manhattan.

Officer Droge had one final bit of advice for those partaking in Fake Patty's festivities.

Know what your limit is and do not drink past that limit," Droge said.

## Seeing green: K-State students stock up on Fake Patty's apparel



Evert Nelson | Collegian

Customers inside Threads in Aggieville check out the various kinds of Fake Patty's shirts inside the store. Store windows around town can be seen lined with green memorabilia in ancticipation of Saturday's events.

## Attorneys inform public of legal rights in preparation of weekend

**Alex Bishop** staff writer

Last night, the UPC put on a lecture to raise awareness of regulations and promote appropriate behavior for this Saturday's Fake Patty's Day. The event, which was held in the Little Theatre at the Student Union, drew students who

were interested in hearing their legal rights and asking questions pertaining to potential consequences for infractions.

Students were given a red Solo cup filled with items like noise makers, green party beads and bottle openers when they first arrived. Presenters included Sarah Barr, attorney for Student Legal Services at

K-State, and Josh Douglas, a local criminal defense attorney. Together, they informed the audience of their legal rights and gave advice for students to act responsibly on Fake Patty's.

Marissa Pope, senior in hotel and restaurant management, used the opportunity to clarify questions she had about the

"I wanted to be informed of my rights," Pope said. "The speakers didn't change my plans, but I will definitely be more cautious."

This is the first year the event has been held, and due to perceived success this year, plans for another lecture next year are being put in place.

Amber Terrell, senior in ac-

counting, found the event to be useful and said that she feels more informed from listening to the speakers.

"I will be more aware and know what happens if there is a situation," Terrell said.

Barr has advice for students who finds themselves in legal trouble, including to schedule an appointment to meet with

"Students have rights; they have the right to remain silent,"



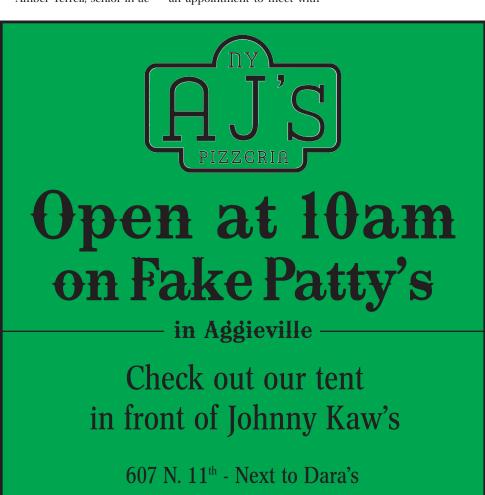
**Avoid Fines on** Fake Patty's Go online to kstatecollegian. com for more on the city's regulations



on page 2

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the collegian thursday, march 7, 2013 page 4

## K-State Facebook page increases student morale

Kaitlyn Dewell

In the world of social networking, cyber-bullying and defamation through tweets, statuses and blogs is common. The anonymity granted by the Internet is often used as a shield to harm rather than an excuse to do good without recognition.

A group of K-State students may have figured out a way to trump these negative social networking tendencies and create an uplifting realm for the benefit of the entire

student population.

"K-State Compliments" is an anonymous Facebook page created by a group of students on campus to give individuals the freedom and opportunity to express their praise and admiration for other students, while still maintaining secrecy to the general public. Students wishing to submit a compliment simply send a message to the K-State Compliments' inbox via the social networking site. The compliment is then copied and posted as K-State Compliments' status.

The page, created on Dec. 6, 2012, has recently gained momentum in the public sphere, as individuals complimented became aware of the recognition early this semester. During the third week of February, K-State Compliments made an impressive jump from approximately 100 Facebook friends to nearly 600 in a matter of days and is currently sitting at over 1,000. This was a goal the producers hadn't expected to reach until spring break.

The creators behind the group said that they first came up with the idea for a K-State Compliments page after seeing a similar page hosted by another Big 12 university and being disappointed when they discovered

K-State had not yet established one for itself. After K-State's recognition last semester by the Princeton Review as the eighth happiest campus in the nation, the group made the decision to use Facebook as an open forum for students to express what it is that makes the K-State population so unique.

"We're very positive people, and K-State is a very happy school," one of the group's producers said. "We love encouraging people and seeing others do good, so we made it with the hopes that it could be a positive outlet for people."

The creators of K-State Compliments, who wish to remain annoymous to protect the spirit of the page, also said they hope the page has helped exemplify the sense of family that the university constantly advocates to both current and future

"I hope students are gaining a sense of family," one creator said. 'K-State promotes us as a family, so it's really about knowing that students here care."

Tyler Johnson, junior in marketing, said that K-State Compliments has had a positive impact on the communal dynamic of the univer-

sity.
"I think that it really does showcase the family atmosphere that we all talk about and hear about," Johnson said. "It almost starts to sound like this cliché thing that we throw out at people, but then you see the the K-State Compliments page and you watch that family come to life in text, and it's awesome.'

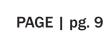
Johnson was inspired to send his own K-State compliment to another student on campus after he himself

received one of the page's first posts.
"I knew how good receiving a compliment made me feel," Johnson said. "I remember reading it and getting goosebumps, and thinking, 'Oh my gosh, this is so awesome.' So, I thought it would be a cool opportunity to give back and return the

Johnson also said that he feels the anonymity of the page is a factor that speaks volumes of the character behind the compliment. While cyber-bullying or posting negative comments on the Internet

is often easier to do while hidden behind a screen, performing an act of kindness for someone else without receiving recognition affirms the value of that individual. Joe Falter, senior in

advertising, has received not just one, but two separate compliments from other students via the K-State Compliments page. Falter said that while he was flattered to receive a compliment



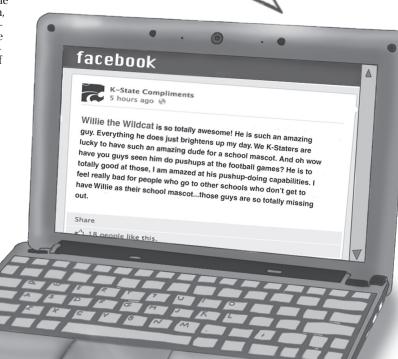


Illustration by Iris LoCoco

## Campus program allows high school girls to experience K-State

**Connor Hunt** 

contributing writer

A few extra students could be found in K-State classrooms on Tuesday. EXCITE!, a campus program put on by the K-State office for the Advancement of Women in Science and Engineering (KAWSE), brought four Kansas high school girls to campus this week to experience a day at K-State and learn more about science, technology, engineering and math.

KAWSE works to increase

and advancement of women in science, technology, engineering and math. EXCITE! is a program for high school students, but KAWSE also has programs for female middle schoolers, undergraduate students, graduate students and

EXCITE! offers eight shadow days per year. They try to keep their shadowing events smaller to offer more of a one-on-one experience. The largest shadowing day had 72 girls attending. The events are designed to show girls that but it is an option for you," said Chardie Baird, executive director of KAWSE and associate professor of anthropology and social work.

The girls, from Junction City, Topeka and Salina, shadowed a female undergraduate student in the major of their choice, attended classes, spoke to faculty and had a one-on-one lunch with their mentor.

Kathryn Douglass, sophomore in biological systems, is one of the mentors, and is also a facilitator and ambassador for the EXCITE! program.

"My favorite part is having the kids return and seeing their enthusiasm," Douglass

Douglass was once a member of the EXCITE! program, first attending the summer camp after 8th grade. She is still in contact with the professors she met through the program in high school. Along with this shadow

day, EXCITE! also hosts other events during the school year, including Show Me the Scholarships, Ace the ACT, Slam the SAT and a summer workshop.

hold its EXCITE! summer workshop from June 19-21. Last summer, 51 girls attended the summer workshop, something Yasché Glass, program coordinator for KAWSE, hopes will only improve

"They are looking to increase those numbers," Glass said. "The programs are really unique compared to other universities because they offer so many opportunities to their attendees.

Summer workshop topics include climate change, food safety, One Health (a Kansas science and engineering. Girls attending the summer

workshop will have the chance to meet with K-State faculty and gain hands on-experience in their field of study, and scholarships are available for those who qualify.

For more information about KAWSE, EXCITE!, or the other programs they offer please contact kawse@ksu.ed

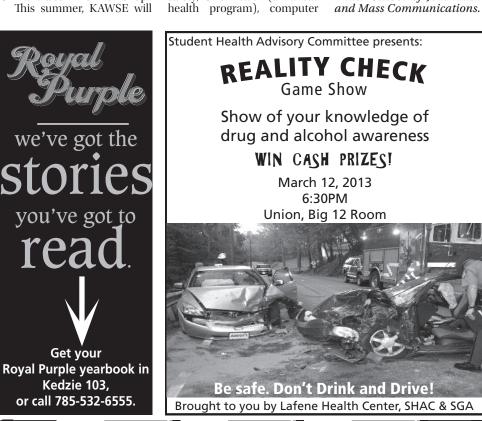
Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism





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**BASEBALL** 

## Early start propels Wildcats to victory



Emily DeShazer | Collegian

K-State third baseman **RJ Santigate** waits for the ball as Niagara's **Todd Dunham** steals third base in the fifth inning of the win over Oakland on Sunday at Tointon Family Stadium. K-State swept Niagara on Wednesday and will play No. 21 Cal Poly tomorrow at home at 3 p.m.

Sean Frye

The K-State Wildcats wasted no time jumping on top of the Niagara Purple Eagles on Wednesday afternoon, as the Wildcats took a 4-0 lead after just two in-nings. The Wildcats went on to win the game 10-1, completing a series sweep of the Purple Eagles after winning on Tuesday 10-2.

With the win, the Wildcats move to 8-3 on the season and maintain an undefeated 5-0 record at Tointon Family Stadium. Prior to the start of the season, Wildcats' head coach Brad Hill stated that, with 19 straight home games in the month of March, it was important for the team of 15 freshmen

to get off to a good start.

"It's a start," Hill said. "We've got a tough opponent coming in this weekend, top 20 team, and they pitch extremely well, so we'll find out a lot more about ourselves this weekend, no ques-

Freshman pitcher Blake Mc-Fadden earned the win for the Wildcats on Wednesday. He went into the game with only two innings pitched on the year, but put up a solid outing with only one run and three hits over five innings pitched.

"Blake was good. He's a guy that we had a lot of expectations for," Hill said. "He kind of lost some of his confidence through the end of the fall and into January, but that was really good to see because he can be a guy that can really be a big boost for us whether it's midweek or on the weekend."

The Wildcats ended up going through four more pitchers over the course of the game, with junior Jared Moore, freshman Levi MaVorhis, fresh-man Landon Busch and senior Tanner Witt each throwing an inning after McFadden left the game.

"You're trying to get guys tuned up for Friday," Hill said. "Friday looks like it will be a double-header, so we're going to need a lot of guys."

Offensively, junior catcher Joe Goodwin led the way with three hits in four at-bats, including a triple and a double. He also scored two runs for the Wildcats.

"I thought he had a great game for us," Hill said. "You want a guy in the bottom of the order that

"Blake was good. He's a guy that we had a lot of expectations for. He kind of lost some of his confidence through the end of the fall and into January, but that was really good to see because he can be a guy that can really be a big boost for us whether it's midweek or on the weekend."

> **Brad Hill** K-State head coach

can swing the bat."

Overall, the Wildcats had a performance at the plate, putting up 12 hits and 10 runs, including four runs in the bottom of the

eighth inning.

"It's important for us to start swinging the bats hot with such a pitching staff coming in this weekend with Cal Poly," said sophomore Shane Conlon, who had two hits and an RBI on Wednesday. "I think we've been good all year, and we just have to

keep building on that."

The Purple Eagles started
Joel Klock on the mound. Klock had not thrown a single inning through Tuesday, and the Wildcats took advantage. The Wildcats' offense hung five runs.

"We didn't have much of a scouting report on him, actually, Conlon said. "It's just important for us to deal our pitches, talking to guvs when they're coming back to the dugout to see what he's got."

The Wildcats get a day off prior to their three-game weekend series against the Cal Poly Mustangs, which starts on Friday with the first pitch at 3 p.m. Rain is expected for Saturday, so a double-header on Friday is the likely scenario.

**TRACK** 

#### Dick, Mbeng head to NCAA national indoor meet

Adam Suderman

It takes a special type of athlete to compete in multi-events, let alone qualify for a chance at a national championship.

Junior Merryl Mbeng and senior Devin Dick share an ability to compete at a very high level through a vigorous series of five different events.

In the pentathlon, women compete in the high jump, 800 meters, 60-meter hurdles, long jump and shot put. The men compete in the heptathlon, including the high jump, 60-meter hurdles, 1000 meters 60 meters deep and the pole would meters, 60-meter dash and the pole vault. Mbeng is competing in her first year of collegiate track as well as her first year of track and field in the United States.

The NCAA outdoor meet is traditionally one of the strongest meets in the country and also one of the top meets in the world. Knowing that only the top 16 competitors in each event advance makes it even more difficult.

K-State head coach Cliff Rovelto says there have been adjustments Mbeng has had to make, but she has kept her composure all throughout the season.

"She hit a wall a little bit earlier on," Rovelto said. "Not so much physical, but just emotional because she wasn't used to competing as much in a relatively short period of time. It's typical for a lot of the European kids. I think now she's feeling fresher and she's feeling better physically, and I think she'll be fine."

Rovelto said the junior out of Millau, France is in line to improve upon her scores from the Big 12 Conference meet in which she finished second despite a few health issues.

A season-best point total of 4,090 puts Mbeng at No. 9 nationally, but Rovelto says she's capable of more.

"I really think she's capable of going in the 4,200 range," Rovelto said. "At the meet that's probably going to be in the top four or five for sure, and maybe higher than that. I think she has a really good opportunity to score.

Mbeng said the competition has been difficult, but it's what she expected to see.

"The level here is higher than in France, and that's why I wanted to come here," Mbeng said. "The event is really deep and

was looking for all of that."

Dick first attended Wichita State
University for track and field after high school and competed well. The senior out of Hutchinson, Kan. finished fourth in the decathlon at the outdoor Missouri Valley Conference Championships in 2010, as well as finishing eighth in the heptathlon in the indoor championships in the same year.

An ailment of an unlikely and rare source found its way to Dick and he was diagnosed with testicular cancer. A rigorous series of treatments and chemotherapy took a toll on Dick, but it's his perseverance and now qualifying for one of the toughest meets in the world that Rovelto finds so remarkable.

"It's amazing given his medical history," Rovelto said. "I mean truly amazing-what he has been able to do and how much he has improved in the two years that he has been here."

Entering the NCAA outdoor championships last season, Dick fell just outside of the top 24, which was the cut-off point. Thanks to a few scratches, the senior found his way into this meet in the final qualifying spot, No. 16.

"Knowing last week that I wasn't in and knowing this week that I am in, it just kinda happened overnight," Dick said.
"I'm still kind of in shock, and I got lucky enough to pop in there and compete with

Dick sits at the bottom of the qualifying list, but it's a score he believes he can improve upon because of his performance at the conference meet two weeks ago.

"I messed up in the high jump and I messed up in the pole vault, and I lost a lot of crucial points," Dick said, "If I would have got the points that coach had written down or I had written down in those events, I'd for sure be up there in the top 10 or top eight."

Dick says it has been a tough road, but donning a K-State jersey in Fayeteville, Ark. this weekend for a chance at a national championship will make the hard

"It's kind of frightening going to compete against 15 other best people in the nation in this event," Dick said "But being able to wear the purple and white and wearing it with pride, you've got to make sure you look good doing it."

Although having traveled many different routes to the Wildcat track and field program, both Dick and Mbeng say it has been a blessing and a great opportunity to compete at K-State. The opportunity to compete in college and against very tough competition has been one experience Mbeng says she is very thankful for.

"I'm really pleased to be here," Mbeng said. "I really found a good group, a good team, good coaches and everything has been really good. I'm really happy to go to nationals and it's going to be my first national meet here in the U.S.A., so I'm really excited to go there."

Even though the ability to stay healthy has helped, the work he has put in is definitely paying off for Dick.

"When I was going through my chemotherapy treatment, track was one of my biggest motivations," Dick said. "It was a rigorous treatment and just knowing if I could compete, not even on a national, not even maybe on a collegiate level, just being able to compete the period after I'm done with this would have made me happy. But to compete on the Big 12 level and the nation level is just kind of a cherry on top. You've got to love it and you've got to live life every day like

**BASKETBALL** 

## Referees shouldn't let time in game affect officiating



During a college basketball game, fans can usually develop a general understanding of how the referees are calling the game. Some refs may let a few aggressive plays slide, while others will call

every ticky-tack foul they see. In basketball there's an undeniable, unique style to each game's officiating strictness. For the first 39 minutes and 50 seconds of a game, that style usually remains fairly consistent. But for that last possession in a close-game scenario, it's anyone's guess as to just how much of the rulebook will actually be enforced.

It's no secret that as a game comes down to the wire, referees interpret the rules a bit differently. Since most fans don't want to see a referee determine a game's outcome, officials are often more inclined to let some typical fouls

The result is confusion for players and coaches on how to engage late game situations. Without certainty that the correct call will be made, offensive and defensive players alike are forced to play the final possession differently from the rest of the game.

This isn't always a bad way to let a game end; after all most people would prefer seeing a buzzer beating shot decide a game rather than a couple of free throws. However, by picking and choosing when fouls should be called, referees create a gray area in basketball that can lead to disastrous results.

During the Kansas-Iowa State matchup in Ames on Feb. 25, the officiating crew's interpretation of the rules in a late game situation led to one of the most controversial endings to a basketball game in recent memory. Down by two



Emily DeShazer | Collegian

K-State fans yell at the referee after a call that all of Bramlage seemed to boo on Tuesday during the game against TCU. Fouls are often called differently depending on what point in the game they occur, which has been a factor in the outcome of games such as the KU vs. Iowa State game on Feb. 25.

points as time was winding down, KU's Elijah Johnson drove to the basket, running over Iowa State's Georges Niang the process. The play appeared to be an obvious charging foul against the Jayhawks; however, the refs didn't make a

Moments later, during a scramble for the loose ball, a foul was called against Niang, allowing Johnson to sink two free throws and send the game into overtime. Unable to overcome such a swing in momentum, Iowa State fell in OT by a score of 108-96.

The amount of contact made during Johnson's final drive to the basket near the end of regulation would have likely resulted in some kind of foul being called during any other point in the game. But because the play occurred during possibly the game's final possession, the referees held on to their whistles, only to suddenly change their officiating philosophy moments later by calling a petty loose ball foul. The Big 12 conference has released a statement admitting that officiating mistakes were made during the game.

Giving referees the freedom to adjust how strictly fouls will be called during late game situations only hurts the validity of college basketball. Without a consistent policy followed by all refs on how to officiate during the most critical part of a game, more mishaps like the Iowa State ordeal can occur.

Referees need to call fouls consistently for the entirety of the game, because a foul is a foul, no matter when it occurs. Players, coaches and officials should all understand that just because a game is coming down to a dramatic final possession, the rules will be enforced as if it was any other play.

The unspoken policy that fouls will be called differently during critical situations isn't just seen in basketball; it's also common in

other sports. Football sees plenty of situations where a flag is less likely to be thrown. When was the last time you saw a holding penalty called during a last second hail mary heave?

To ensure the integrity of the sport remains, referees need to be willing to make the correct call in any situation of a game, even if it results in less dramatic buzzer beating finishes.

By allowing fouls to go uncalled during the most critical moments of a game, referees are influencing the outcome of a game more than they should. The rules shouldn't change based on how much time is left on the clock. Otherwise it can lead to controversy and leave fans questioning who the rightful winner of a last-second finish should have been.

Donald Pepoon is a sophomore in marketing. Please send comments to sports@kstatecollegian.com. the collegian

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### "Showcasing" a form of theft, destroys local experts; consumers should make connections

Patrick Lee

Chair, Manhattan Area Chamber **Small Business Council, Presi**dent, N Zone Sportswear, 1993 KSU graduate

It's time again to talk local. Over the past weeks, I've talked about the millions of dollars in uncollected taxes due to the Internet sales tax loophole, and how spending money inside Manhattan has a direct positive impact on the city and college.

I've hopefully shown how keeping the dollars here supports local businesses who keep the wheels turning on valuable programs in our community: charities, youth groups, etc. The programs in your community that so many of us take for granted are largely created and paid for by local businesses—the exact businesses we blithely skip over every time we buy online or shop out of town.

Part one was about fire trucks and potholes. Part two was about ball teams, boy scouts and the local things that put the 'home' in hometown. As promised, today's installment is about connections.

"Getting connected" is a buzzword that was prevalent in the early days of the Internet. It seemed to be everywhere—encouraging everyone to get connected to the Internet and wildly suggesting that if you weren't on the Internet it meant you weren't connected. The truth is that as the connection to the web strengthens, the connections in the rest of the real world are weakened. This article won't even attempt to talk about the social implications of our over-reliance on electronic connections like Facebook, Twitter, Snapchat, Instagram or LinkedIn. In this forum we're only going to talk about the electronic

connection and the disconnect we're causing in the business community. On the horizon are two bills, one in the senate and one in the house, that if passed will require online businesses to collect and pay sales taxes to the destinations where they ship. The bills will hopefully even the playing field between brick-and-mortar

stores (the ones you actually walk into and talk to a living person) and e-tailers (the ones that don't have any physical presence anywhere).

If the bills become laws we might be able to pave the streets, but will we also save the stores? Will the taxes be enough to stem the tides against buying online? Most importantly, will consumer behavior change enough to end the continual theft that occurs every day in our retail stores? How is shopping online creating

retail theft, you ask? Retailers (the brick-and-mortar ones) have a new term for today's consumer behavior called 'Showcasing.' The customers go to the stores and browse the selection, ask questions, try things on for size, learn features, compare and contrast...and then leave so they can find the same

Whether we're buying shoes or televisions, the local stores help us make an educated decision without receiving a cent for the education they provide! It's the ultimate theft, really. We ask a retailer to open their store, pay for lights, insurance and inventory, hire and train a sales team, and then we take the sales dollars and give them to someone else!

The stores get all the labor but never get the baby. Not exactly a crime, but it's definitely theft. The irony is that what drives people to 'showcase' in a store is that they know, deep down, that the Internet cannot and will never be able to offer the service that a retail location can offer. However, instead of rewarding the brick-and-mortar retailer for being there with knowledge and inventory, we punish them for the fact that they don't have the cheapest price.

Aside from the obvious stuff we talked about in parts one and two. there's a bigger loss happening here:

we aren't making a connection. The shop owner who used to sell televisions, but now probably only services them, has more understanding of how to make an educated buying decision on electronics than 99 percent of the employees of your local box store—I'll guarantee it. If you stepped into his store, talked to him and made a purchase, you're supporting the connection you've made. That connection and the knowledge base stay alive in you and the shop

When the consumers simply use stores to 'showcase,' they're essentially stealing service. They're devaluing that connection to the point where it simply won't exist anymore. There's a collective knowledge base that exists inside the minds of small business owners everywhere that HAS to have a value. Actually, there's no dispute that it has a value. The only question is whether it's worth paying for.

Stealing the service and devaluing the connection between the consumer and the business has, and will continue to, destroy the local experts. Look around and try to find a local place that services electronics or repairs small engines—they're hard to find. Why? It's pretty simple; the consumers have devalued that knowledge base to that point. When they close their doors, they're closing them forever. Their knowledge dies with them.

I've manufactured and sold imprinted products for eighteen years now: nearly two decades of trying different things, successes, stumbles and learning. There are those who undoubtedly know more than our staff, but there are even more who know less. We strive to be experts at N Zone Sportswear. Experts in what works but also experts in what doesn't. I want our customers, both present and future, to value the knowledge base our staff has accumulated over the years. Our business and those like

us are dependent on it, quite frankly. I hope you'll choose to connect with local companies like us. Connect with our knowledge. Connect with our service. Connect with our

It's time to think that being connected to the Internet isn't a connec-

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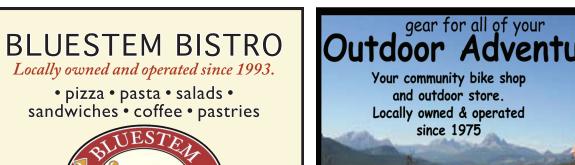


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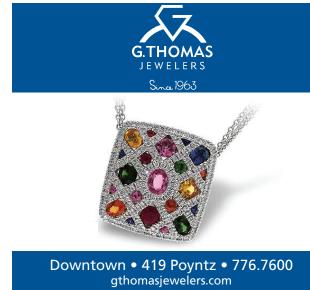


















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## PLATFORM | Team looks to improve KSOL

Continued from page 1

One of the first changes that students will notice is Schooley and Unruh's goal to increase mobility by boosting wireless Internet access on campus, improving student Webmail services, installing charging stations for computers and cell phones on campus and developing a more efficient K-State mobile app. Many of these changes are already in the works, and the pair plans to continue overseeing development of the projects during their first weeks in office.

Theo Stavropoulos, senior in management, has been involved in assisting the team in developing their mobility goals through his experience on the Student Technology Committee in student government. While details for the project still lack definition, he hopes to see a mobile app that provides both Webmail and K-State Online services for students on the go.

"We're really advocating for as comprehensive of an app as possible," Stavropoulos said. "We want it to be as much of a one-

stop shop for your K-State information as possible."
Schooley also added that while he thinks the basic students needs of iSIS, KSOL, and Webmail should be met on the app, he would love to eventually see further developments on the app's capabilities. These would include options to purchase athletic passes or check parking availability via mobile devices.

Unruh maintains that one of the reasons they hope to implement the mobility portion of their platform so quickly is that many of the issues at hand are existing entities that just need a little improvement, such as dead areas for wi-fi on campus and a sometimes faulty e-mail service.

"It's not necessarily about things that we want to create, but more about taking things that we already have and making it better," Unruh said.

Another important aspect of the Schooley-Unruh campaign focused on their platform of empowering relationships between students and professionals. By expanding the mentorship program that has been successfully used in the College of Business Administration, Schooley and Unruh hope to implement a similar, campus-wide program to help current students network with future employers and established individuals in their career field.

Schooley said this was an issue that he relates to personally, and believes it will have a positive impact on much of the student population.

"I started off as a pre-med student, and I remember being constantly worried about having a doctor to shadow and having to find those people on my own," said Schooley. "Now, as a pre-law student, since I'll be here this summer, I've thought about how I'd like to help out at a law firm here in Manhattan. That's just kind of an example of how, if we had a campus-wide



Presidential plans

See www.kstatecollegian.com for more on Schooley and Unruh's plans for their upcoming term.

### WIN | General election turnout rises 22 percent

Continued from page 1

Wildcat 91.9 radio station suddenly blared through the speakers, declaring a winner had been elected. When Schooley and Unruh's names were finally announced, shouts of pure joy drowned out the remaining election results as the campaign team hugged, cameras flashed and proud supporters offered congratulations. Schooley and Unruh took 2,352 votes, accounting for 60 percent of the total ballots.

This year's general election turned out 3,881 voters, compared to last year's 3,186, a 22 percent increase in student participation

ticipation.

Current student body president and vice president Nate Spriggs, senior in agriculture economics, and Grant Hill, senior in accounting, also made

an appearance to congratulate the pair on their success.

"İthink they had a well-rounded platform that drew from not only student life but also academics and just the over-all experience from the university," Spriggs said. "They did a really good job of selecting platform issues that students and different groups could relate to."

Spriggs added that his biggest piece of advice for the new campus leaders was to continue K-State's long tradition of putting the needs of the student body

"It's about always remembering that the reason behind doing what they're doing is to serve the students," Spriggs said. "They need to balance the wishes of the students with the progress of the university and make sure that what the administration is doing is in line with what the stu-

dent body wants."

When asked if Schooley and Unruh planned to incorporate aspects of the opposing campaign team, Kyle Nuss, senior in architectural engineering, and Ariel Mendiola, junior in sociology, into their future plans, the two conceded that they felt the Nuss-Mendiola administration had brought important issues to the table that they hope to capitalize on during their time in office.

"I think their campaign raised incredible points, and they're not things that should be forgotten," Schooley said. "We'll probably be working with a lot of those candidates whether they be senators or on our cabinet, so I think it's important to continue to support them."

Unruh added that he felt one of the strongest aspects of the Nuss-Mendiola campaign was their attempt to reach out to under-represented groups on

"They did a great job of reaching out to voters who maybe haven't had a voice in the past," he said. "I think that's something that Eli and I started realizing throughout the campaign, and we think multicultural students should be more involved. It's our job now as student government to get them there."

The pair thanks their supporters for their relentless efforts in making their campaign a success, but maintains that being elected to office is just the first of many challenges to overcome in

the upcoming year.

"This was kind of the first step," Unruh said. "Now that we're officially in office, we told people that we were going to do some things, and now it's time to do there."

### **SENATE | Committee aims to connect students, SGA**

Continued from page 1

tremely important office to hold within SGA."

Though the presidential race generally receives more publicity and garners more ballots, the senate races drew 4,124 voters to the polls this year, compared to 3,302 voters last year, accounting for a roughly 25 percent increase in the

number of voters.

Zach Stroth, newly elected College of Human Ecology senator and sophomore in family studies and human services, attributed the increase to what he felt was a year in which many more students wanted to get more involved with the decisions that their university

"Personally, I just saw so many more people who felt the desire to be involved in the process this year," Stroth said. "In last year's elections, I didn't recognize too many names, but this year there were so many people who had increased their involvement on campus that they also brought more of their friends to out to vote as well."

One of the numerous challenges that student senators face is connecting the rest of campus to SGA and getting their constituents' input while proposing and passing legisla-

The Student Affairs Committee, newly founded at the beginning of this school year, aims to do just that, said chairperson Kyle Nuss, student senator for the College of Engineering and senior in architectural engineering.

Nuss said the committee

is designed to increase the interaction between the student body and SGA by encouraging them to get involved with the organization.

"The best way to voice your opinion and make your voice heard is to be informed of what's going on," Nuss said. "The Student Affairs Committee's main goal is to bridge that gap between students and SGA by informing K-State on what SGA is doing and how to run for office."

Nuss, who was a SGA presidential candidate until his loss on Wednesday evening, said that he plans to work with his former opponents to continue to push his platform through the governing body.

"Eli and Jake are great guys and I know that we can get a lot done with them in charge," Nuss said. "I know I personally want to continue reaching out to multi-cultural groups and other under-represented students and make sure their voices are heard. No matter who's president, their voices still matter."

Though SGA welcomed new faces to the group, many senators who served this year were re-elected, providing a balance of fresh ideas and familiarity that Unruh said would help the organization combine the old and the new.

"I think we'll have a great team this year," Unruh said. "We don't just want people that are going to agree with everything that we do. We want a lot of different ideas, different perspectives and a team of people that are going to take their positions seriously and be dedicated."



### **LOSS** | Duo determined to see platforms enacted

Continued from page 1

yelled, inspiring a round of applause. "We can be happy!

Nuss said that although he was disappointed with the loss he was confident he and Mendiola would still be able to see some of their platform goals achieved. They were both elected senators in their respective colleges; Nuss won the vote for the College of Engineering, and Mendiola finished second for the College of Arts and Sciences.

"The past couple weeks of the campaign, we've gotten along really well with Jake and Eli," Nuss said. "I think there's a lot of room there for us to kind of work together and make K-State a better place with both of our platforms."

Mendiola, junior in sociology, echoed his running mate's disappointment, but said that it would be much easier to focus on schoolwork and other areas now that the race that demanded a majority of his time for months has come to an end.

"It was amazing. It was a heck of a ride," Mendiola said. "We tried it; we had a great turnaround from the primaries. It was a

Although they were optimistic about their chances at winning before the votes were counted, many of the duo's supporters weren't surprised by the results.

Some of the most informed voters at K-State are members of the greek system, because as a whole they're a big organization that can get the word about things out faster," said Collin Dansel, junior in secondary education. "Independent students don't know as much about the candidates. In the primary election, there were less than 4,000 votes, out of more than 20,000 students at K-State. It's hard with that kind of system when not everyone's

informed—not everyone's voting." Nuss is an independent student, while

Mendiola, Schooley, and Unruh are all affiliated with greek organizations.

Adam York, senior in history, said he agreed with Dansel, and believes that the university can do more to ensure students are informed about the elections.

"It is their vote and their responsibility to become informed, but there could be more of an outreach to independent students," York said. "Obviously, the structure is missing something." York and Dansel both said before the

final count was released that, regardless of the outcome, they were confident that the winner would represent the student body well.

Éven if Eli does win, he's going to be a great president," Dansel said. "Whoever wins is going to do a great job, which is

## PAGE | 'Nice thing to hear'

Continued from page 4

the first time, receiving a second post was a truly unique and heart-warming experience. "I woke up an hour before my

alarm went off and saw that I had a notification from K-State Compliments, and then I couldn't go back to sleep," Falter said. "It really set the tone for my day, and maybe even my week. It's really fun for me to see that someone appreciates how I am on a daily basis." In addition to his appreciation for

the words of affirmation, Falter also said that receiving the compliments has given him further motivation to maintain his ways.

"Not only is it just a really nice thing to hear, but it encourages me to continue that behavior," Falter said.

In regards to the future of K-State

Compliments, the creators plan to continue the page for the duration of their time at the university and hope to eventually pass along the legacy to other students for future use. For now, however, they would like to see as much involvement from the K-State community as possible in reminding individual students exactly why they're each so special to the university.

While they love to have followers of the page, they maintain that utilizing K-State Compliments to send one's own praise to others is the best way to be a part of this revolution of encouragement.

"If you have someone to compliment, go ahead," the producers said. 'Don't just be a friend.'

To join the K-State Compliments community, visit https://www.facebook.com/ksu.compliments.

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## Germ-covered phones hazardous

Kati Beaubien contributing writer

What is small, can be found in almost everyone's pocket and could be making you sick? Your cellphone. Most people wash their hands regularly and do their best to stay healthy, but many may not realize that cellphones are a major harborer of illness-causing

The germs on cellphones can come

"This is probably not something that students think about. We think about things like money and door knobs that can spread germs."

assistant director of health promotions and nutrition counseling

from a variety of places. People often set their phones on desks in classrooms that have haven't been cleaned. They put their phones in pockets or purses to bounce around loose change, a well-known source of germs. Then, people put their phones up next to their faces, inviting germs and potential illnesses into their bodies.

In an Oct. 2012 Wall Street Journal article by Caroline Porter, researchers from HML Labs of Muncie, Ind. collected and tested eight random cell phones from a Chicago office. Dr. Donald Hendrickson, president of HML Labs, said the results were "pretty bad." The team discovered that all of the phones contained coliforms, a bacteria indicating fecal contamina-

The researchers hypothesized that cellphones were more likely to contain larger amounts of germs and bacteria that other common items due to the fact that they are taken everywhere and are handled physically so often. Michael Schmidt, professor and vice chairman of microbiology and immu-nology at the Medical University of South Carolina who was interviewed for the Wall Street Journal article, maintained that the "greasy smears" left on smartphone screens feed many forms of bacteria.

Many people simply aren't conscious of the potential health hazard caused by cellphones, said Julie Gibbs, assistant director of health promotions and nutrition counseling at Lafene Health Center.

"I have never really thought about my phone picking up a lot [of germs],"

said Crystian Torres, junior in crimi-

nology and psychology.
Gibbs noted that cellphones are not often thought of as carrying and transmitting germs and bacteria, as some

other objects are. "This is probably not something that students think about," Gibbs said. We think about things like money and

door knobs that can spread germs."
Gibbs described the types of illnesses that can be spread through

cellphones or similar items. The common cold, upper respiratory infections and especially the flu," Gibbs said. "We are seeing a lot of students come in with flu symptoms this

Gibbs stressed that the best way to avoid getting bogged down with the flu is to get a flu vaccination, but that being aware of potential germs is also

Yet some students aren't too worried about the risk.

"Germs are everywhere," said Connor Hunt, sophomore in public relations and advertising. "Even if I cleaned my phone, I would still come

across germs on a daily basis."

Luckily, for those who are concerned about the germs on their phones, cleaning options are available. An online company called Wireless Wipes has developed a cleaning wipe for "cell phones, PDA's, and computers." The wipes, which sell for \$2.95 per pouch in a variety of scents, are described as "a highly absorbent alcohol based sanitizer that eliminates or dramatically reduces your exposure to potentially harmful germs."

UV disinfectant wands are also available for people seeking a chemical-free option for cleaning their phones. These wands have been proven to kill germs on a variety of surfaces without actually touching them. While they are on the more expensive side of the spectrum, anywhere from \$60.00-\$200.00, the wands emit UV-C light rays that kill all of the germs. The light rays are safe for nearly any surface and can be used to disinfect other household items as well.

While it is difficult to determine whether or not cellphones play a large part in the spread of illness, it is scientifically proven that they harbor many germs that have the potiential to cause

As with anything that is exposed to germ-infested environments, passed around from person to person and rarely cleaned, cellphones are one of many sources of germs and illnesses around campus. In order to decrease the amount of germs on your cellphone, it is critical to regularly disinfect your phone and wash your hands often, even during non-peak illness

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communica-



photo illustration by Marcella Brooks

## "Vocal fry" becoming common, could affect professional future

Morgan Huelsman

A new speech phenomenon has recently been identified, especially among young women: vocal fry. Sometimes known as "Valley Girl" talk or "up talk" in popular culture, vocal fry could harm individuals in the professional world.

"Vocal fry is a type of voice usage that has a distinctive quality. It has a rough, creaky, gravelly sound that is produced when the vocal folds vibrate at a low rate in a syn-copated rhythm," said Linda Hoag, professor of communication sciences and disorders.

Vocal fry is most commonly heard in teenage girls, and is sometimes used as an attempt to fit in with a certain culture group. Just like other trends, vocal fry provides a way for individuals to feel more like the people they see on television (particularly reality). Research shows that vocal fry is a speech pattern that individuals choose to make and is not due to medical issues.

Hoag said that research is still being done on vocal fry and how it can affect people socially and physically.

'The research on long term use of vocal fry is not complete," Hoag said.

Vocal fry originates from a music background. Today, it is most commonly heard in the styles of stars such as Britney Spears and Ke\$ha. Creating the low, relaxed vibration of vocal chords makes for a sound that is distinctive.

The use of vocal fry does have a place in music, but only in certain circumstances, said Amy Rosine, vocal techniques instructor and vocal director for K-State musicals. Through the proper training and work, an individual can create vocal fry for a positive musical sound. "Only if used within the

premises of my voice studio, and as a means of achieving something healthy," Rosine said. "However, it is not something I would use with every

potentially Unlike the positive sound in music, the almost-nasally sound vocal fry produces when used in speech can lead to negative social consequences.

People may not even be aware that they are speaking in vocal fry tones, Rosine said.

"I asked one of my students why she talks like that, and she didn't even notice she was doing it," Rosine said.

Vocal fry can potentially hurt future job opportunities said Olivia Law-Delrosso, director of the Professional Advantage program. "It is important for students

to learn to speak professionally," Law-Delrosso said. "Using vocal fry, words such as 'like' or 'um,' and 'valley girl' speech

"I asked one of my students why she talks like that, and she didn't even notice she was doing it."

**Amy Rosine** vocal techniques instructor and vocal director for K-State musicals

patterns can be irritating and may cause an individual to appear unprofessional."

When planning for an interview and preparing ideas to present, the way the project or image is presented can make a difference on the outcome.

"When an employee uses speech that is distracting, it will take away from their ideas and opinions," Law-Delrosso

Regardless of whether vocal fry is just another trend or a generational way of speaking, it can be potentially be harmful to your voice and career. It doesn't have to be permanent, and there are ways to eliminate vocal fry if it becomes undesirable.

"Making adjustments to our air intaké so that you have enough to finish what you want to say will help you keep from drifting into a vocal fry," Hoag said. "Adjusting your starting pitch a bit higher may also help.

## Salt hidden in many common foods, damaging to health in high doses

**Katie Watkins** 

contributing writer

If a diet of toast for breakfast, a sandwich and soup for lunch, followed by pizza and breadsticks for dinner is typical, your diet may be jam-packed with more sodium than you realize.

In today's world of highly-processed, pre-made food, high levels of sodium aren't reserved only for salty snacks, and these hidden salt mines could be detrimental to your

According to the American Heart Association, the recommended sodium intake for the average American is 1,500 mg a day. This salt can be contained in almost all foods, even those not classified as "junk" or "salty" foods. The American Heart Association identifies the 'Salty Six' as the other top sources for sodium: bread and rolls, cold cuts and cured meats, pizza, poultry, soup and sandwiches.

Lawrence Davis, professor of biochemistry and molecular biophysics, stressed that food producers can add sodium to foods to make them more appetizing. This increases the likelihood that people find foods appealing and makes people

chose high-sodium foods more often. This tendency toward salty food attraction is based on human history, Davis said.

"Our tongues have taste buds that taste sodium, and we naturally crave salt," said Davis. "We crave sodium because at one point, it was hard to get sodium."

Today, it is much easier for people to consume sodium. This regular availability can lead to consuming in excess. According to the American Heart Association, the average American consumes between 3,000 and 3,600 mg. of salt a day. This is more than twice the maximum recommended amount, and 18 times more than the amount the average person needs per day (approximately 200 mg. according to the American Heart Association).

Anton Thomas, sophomore in German, doesn't believe his salt intake is a pressing topic.

"Eating salt isn't anything I think about," Thomas said. "I think it balances out."

Others acknowledge that their diet may include high amounts of salt. "Being on a college budget, most of the things I can afford are the unhealthy, processed

more in elementary education. Eating too much salt comes with a variety of health risks, including high blood pressure, heart disease and stroke.

"Excess sodium in the diet is one factor that can contribute to high blood pressure," said Dianna Schalles, dietician for Lafene Health Center, in an e-mail interview. "High blood pressure makes the heart work too hard and the force of the blood flow can harm arteries and vital organs such as the heart, kidneys and brain. Uncontrolled high blood pressure can lead to heart and kidney

salt is literally impossible," said

Elizabeth Steinbock, sopho-

disease, stroke and blindness." While excess sodium can be detrimental to a person's health, some sodium is necessary for healthy living.

We need sodium and chloride, which are the chemical elements that allow our muscles and hearts to contract," said Mark Haub, department head for human nutrition.

Without adequate salt intake, it is possible to develop hyponatremia. According to Mayo Clinic's Health Information, when salt levels become too low through excess intake

ing, it is possible to become ill. Symptoms of hyponatremia include nausea, vomiting, confusion, seizures and fatigue.

"It's very dangerous, especially for athletes," Haub said. "Without enough sodium, there have been instances where athletes have died because they were not getting enough elec-

Finding the happy medium of sodium intake starts with reading food labels. Haub explained that the solution to lowering our sodium intake does not mean we need to completely cut sodium out of our diets. Instead, an encompassing edu-

cation is necessary. "There is a social movement to where people are targeting certain ingredients. That's not the way to go," Haub said. "We need to be more educated on our nutritional need."

Schalles also offers some tips on how to cut down on sodium. Choosing fresh or frozen vegetables and poultry, limiting packaged foods and condiments, rinsing canned foods to remove some of the sodium and using herbs and spices in place of salt can all help reduce the amount of salt consumed.

Attempting to entirely eliminate salt from the diet isn't the

"It isn't worth it to eliminate certain kinds of foods," Davis said. "Maybe lowering salt is not worth the effort because when we cut out salt, we tend to turn to other, just as unhealthy

Sodium can hide in many surprising foods and can cause serious health problems when consumed in high amounts. While limiting sodium intake may be difficult, it doesn't have

to be an all-consuming dietary rule. Sometimes, balancing salt intake with other food can work

"If it takes a little bit of salt to make you eat your vegetables, then that's okay," Haub said.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



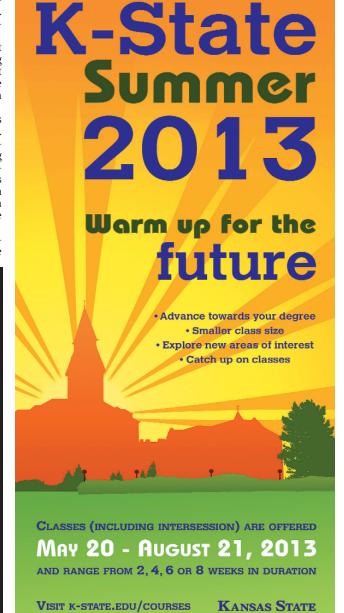
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